

Seattle Buddhist Center  
**Day Retreat**  
**Saturday, Sept. 15, 10:00-4:00**

**THREE REALMS: TIME - SPACE - ENERGY,  
THREE DOORWAYS TO FREEDOM**



Photo by [Krystal Ng](#) on [Unsplash](#)

In this workshop we'll explore the inherent spaciousness of awareness.

In each realm there is a particular manifestation of insight.

In the realm of 'time' we find the doorway into clarity

In the realm of 'space', a doorway into openness

The realm of 'energy' opens the doorway into 'letting go'

Suggested donation: \$40, all are welcome, regardless of ability to pay.

Vegetarian potluck lunch. Please bring an item to share or your own food if you prefer.



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[info@seattlebuddhistcenter.com](mailto:info@seattlebuddhistcenter.com)

Vajradarshini. has been practicing Buddhism since 1988 and enjoys focusing on the connection between art and dharma, as well as between meditation and creativity. *"Art and dharma are both ways of coming to terms with our own suffering."* (Stephen Batchelor) Not only that, they are both ways of revealing the beauty of life. Visit her website:

[www.redladderstudio.com](http://www.redladderstudio.com)